

Dear Customer,

We are pleased, that you have chosen a Reebok Fitness Equipment. This quality product has been designed for in-home use and has been tested and certified according to the European Norm EN 957-1/6. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance.

We wish you lots of success and fun while training,

Your Reebok – Team

Warranty

RFE International Ltd. (RFE) quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of in-home use. This product is tested to the European Standard EN 957.

RFE warrants to the original purchaser 2 years against possible defects in material.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In the case of claim please contact your specialist dealer.

The warranty period starts at the date the product was purchased (please carefully retain your sales receipt).

Detailed warranty terms you can find at: www.reebokfitness.co.uk

Customer Service

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Modelname:

Serialnumber:

Waste Disposal



Reebok products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Contact

RFE INTERNATIONAL LTD

DSV HOUSE

MAIDSTONE RD

KINGSTON

MILTON KEYNES

MK10 0AJ

head office tel: 0044 (0) 1908 512244

head office fax: 0044 (0) 1908 512245

e-mail: info@rfeinternational.com

web: www.reebokfitness.co.uk

Technical support:

tel: 0044 (0) 871 474 2614

e-mail: techsupport@rfeinternational.com

Advice

The owner's manual is only for the customer reference. **Reebok** can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

Precautions


Before assembling or using the treadmill, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

- **Product-Scope:** This product is made for home use only and tested up to a maximum body weight of 120 kilograms.
 - **Product-Performance:** This treadmill is tested to the European Standard EN 957-1/6 HB. The equipment is not suitable for therapeutic training.
 - **Product-Scope: Noise compliance:** This treadmill meets the requirements of the noise pollution standards.
 - **Product-Performance:** The noise creation of treadmill is under 70db.
 - **Product-Maintenance:** For keeping the run quality use the provided silicon spray every month or after a working time of 100 kilometers between the belt and the running surface.
 - **Product-Maintenance: Search for noisy parts:** If you should notice unusual noises, like grinding, clacking etc. try to locate it and have it repaired by a professional. Make sure the treadmill is not used until after repairs have been made.
 - **Product-Feature:** The speed can be changed by the computer.
 - **Use-Safety: The function of the immobilization method:** The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the Safety Key from the console, unclipping it from the cord and putting it in a non-accessible place
 - **Use-Safety: The emergency dismount:** Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation: 1. Grip handrails for support 2. Step onto the lateral platform 3. Pull the Safety key off the console.
 - **Use-Safety: The function of the emergency stop:** The Safety Key functions as the emergency stop. In an emergency situation, remove the Safety Key from the console and the treadmill will come to a stop.
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- **Use-Scope:** The exerciser may not be used by persons with a weight of over 120 kg.
 - **Use-Scope:** This product is designed for the physical exercise by adults. Please ensure that children only use it under adult supervision
 - **Use-Environment:** Ensure that those present are aware of possible hazards, e.g. movable parts during training.
 - **Use-Environment:** Ensure that sufficient space is available to use the home exerciser with 2m long x 1m wide of clearance behind it and 1m of clearance for its flanks.
 - **Use-Environment:** Place the home exerciser on an even, non-slippery surface.
 - **Use-Environment:** Please ensure that liquids or perspiration never enter the electronic.


- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage, covered patio or near water. If stored in this location your warranty will be affected.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training technique.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, stop training immediately and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Reebok parts as delivered (see checklist).
- Product-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Product-Preparation: We suggest using an equipment mat to prevent damage on the ground.
- Use-Instruction: Please follow the advice as per correct training technique as detailed in the instructions.
- Use-Instruction: Do not use the home exerciser without shoes or with loose fitting footwear.
- Use-Safety: Be aware of the position and proper fixation of adjustable or moving parts while mounting or dismounting the home exerciser.
- Use-Safety: Allow the belt to fully stop before dismounting.
- Use-Safety: Pay attention: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
- Use-Safety: Attach the emergency stop cord to your clothing before starting the treadmill. The Treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. An unmonitored use of the treadmill by other people can be prevented by removing the safety key and keeping it safely hidden. In case of any emergency, hold on tightly to the handrail or handle bar with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergency stop mechanism (safety cut-out).
- Use-Safety: Please keep the safety key in a safe place and ensure that it is kept out of reach of children!
- Product-Power-Safety: The unit requires a power supply of 220V – 230V / 50Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the unit is plugged into the appropriate power supply (observe markings) has been connected properly.


- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the user should refrain from using the equipment until this has been done.
- Product-Maintenance: Only use original Reebok replacement parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician/mechanic or the advice of the Technical Support team is sought firstly
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.


Check List

805
M8X52mm
2 x



808
M8X18mm
6 x


838
8 mm
2 x


806
8mm
4 x


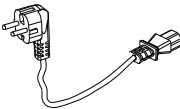
802
M4X15mm
8 x


A
1 x


B
5 mm
1 x


C
1 x

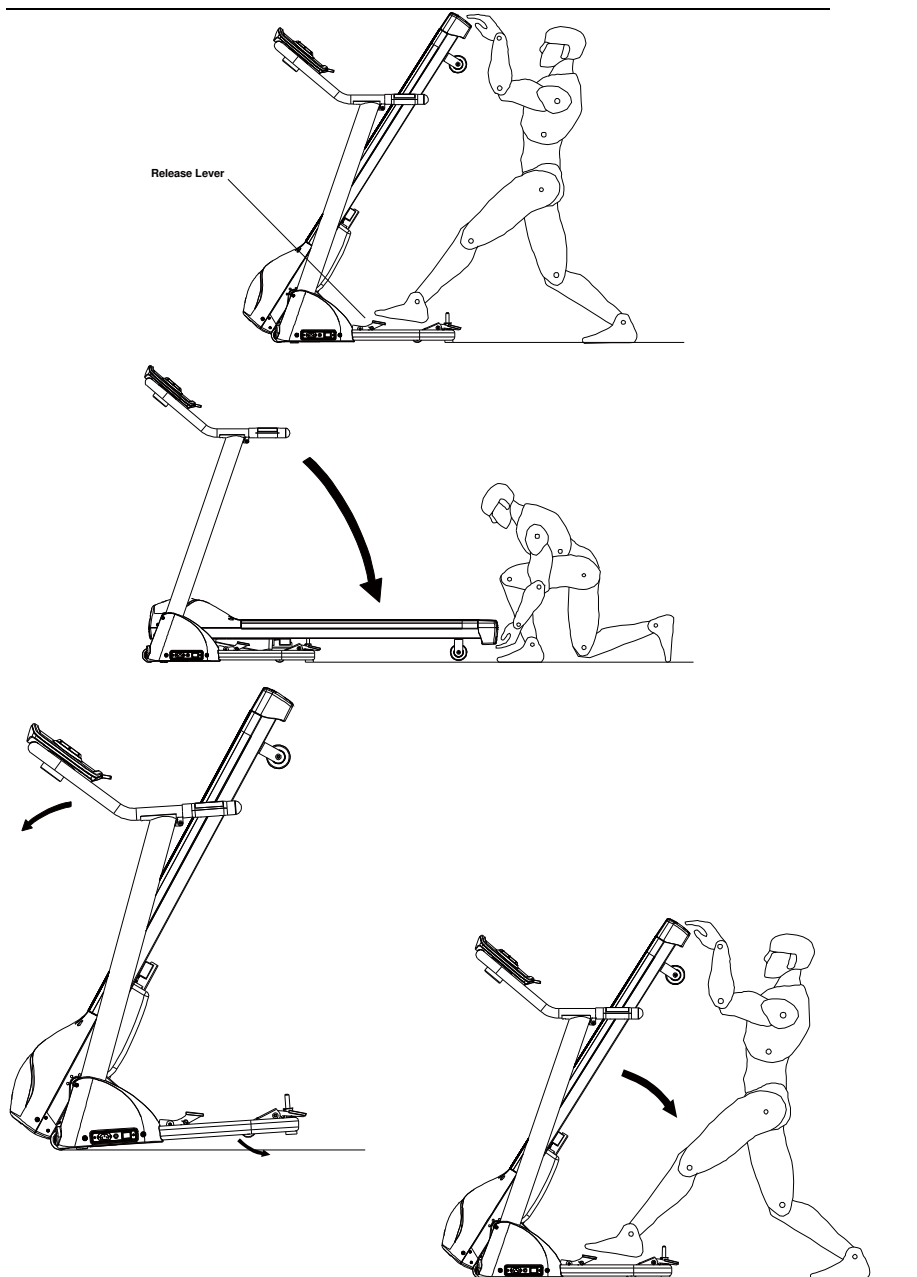

D
1 x



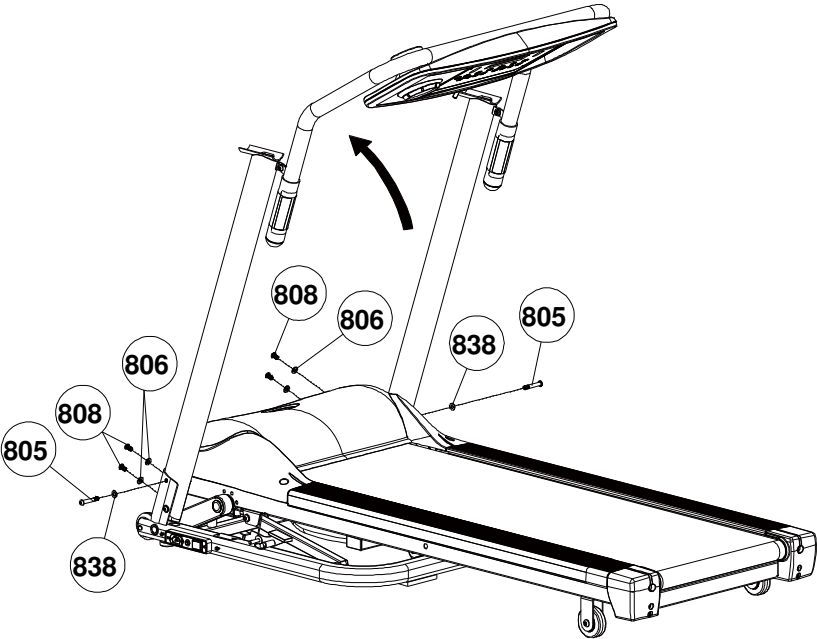
E
1 x



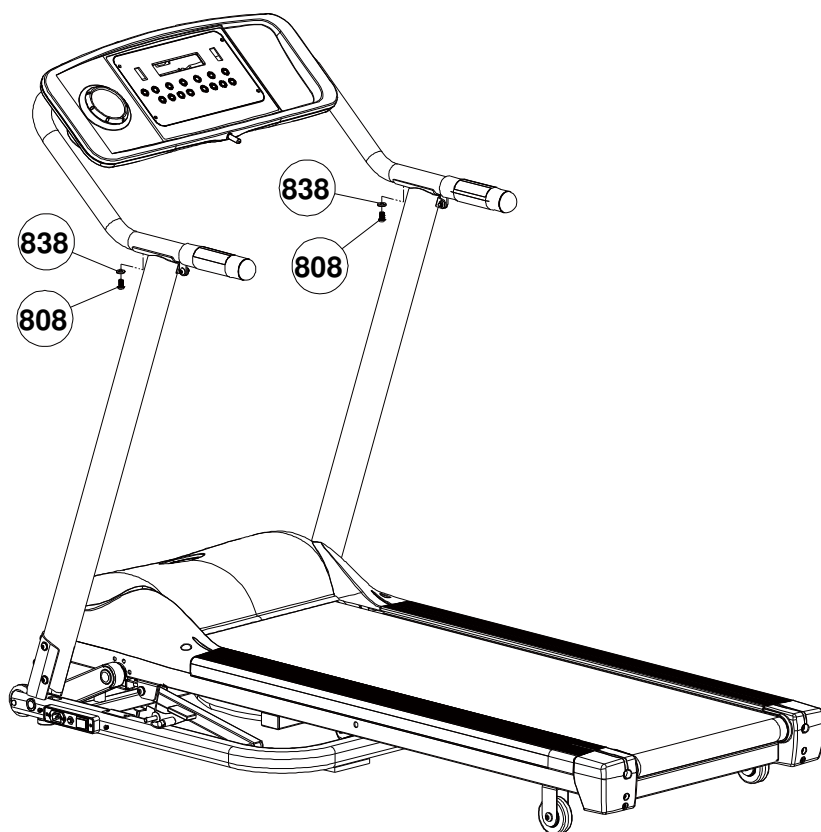
Transport



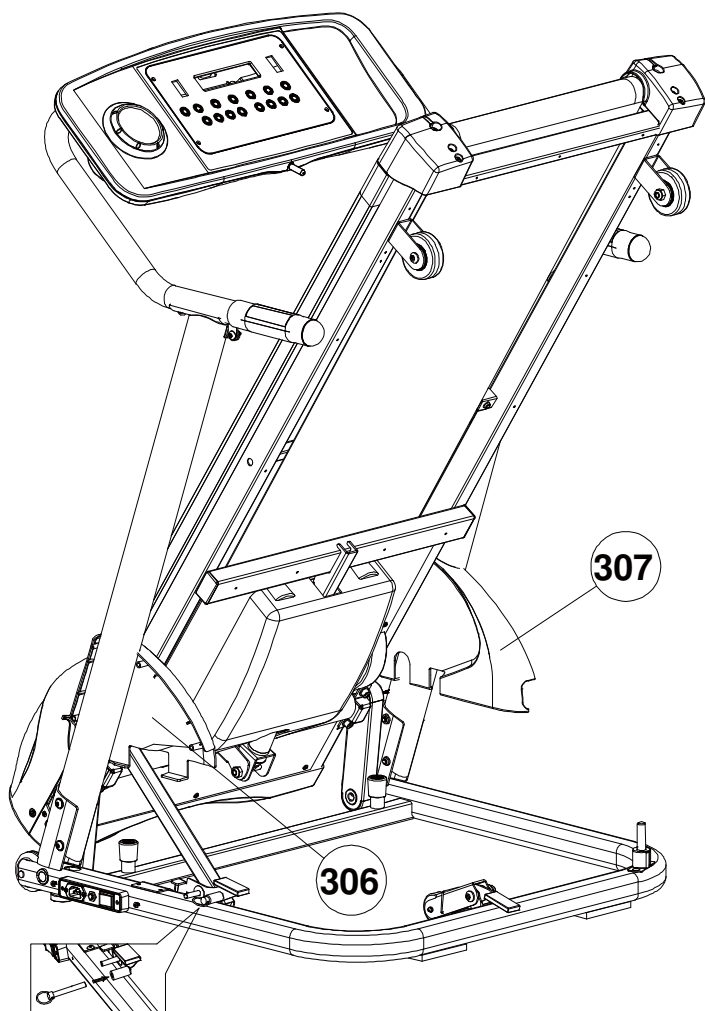
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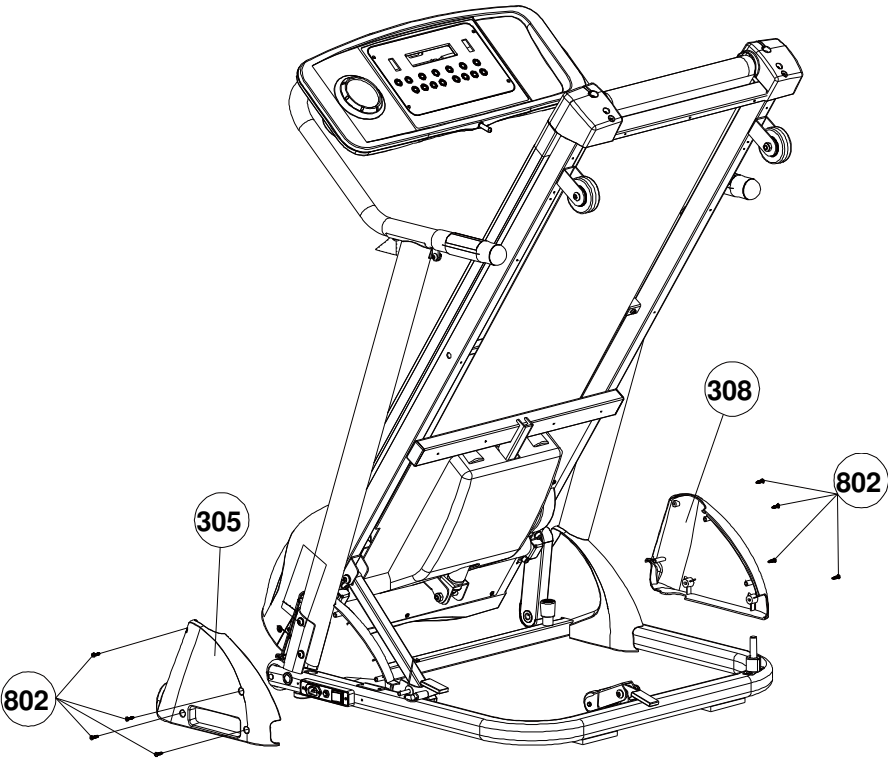
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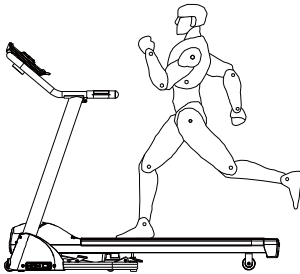
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4.



Correct Use



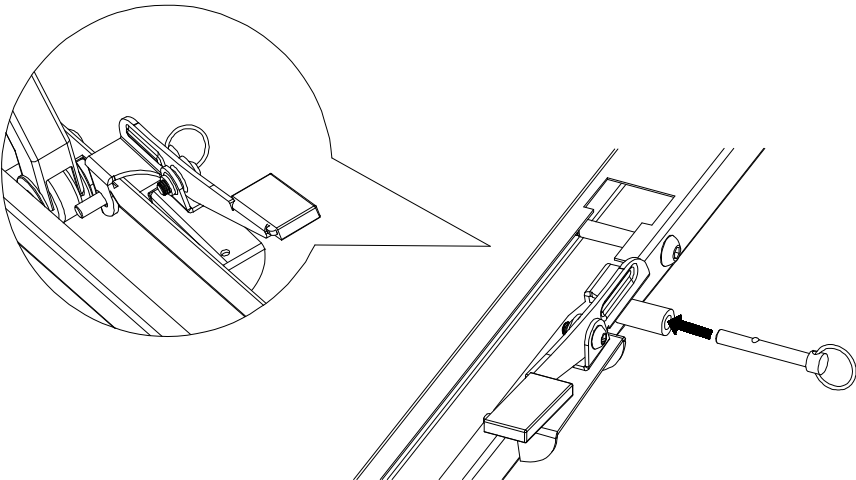
GB

Correct biomechanical position: Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

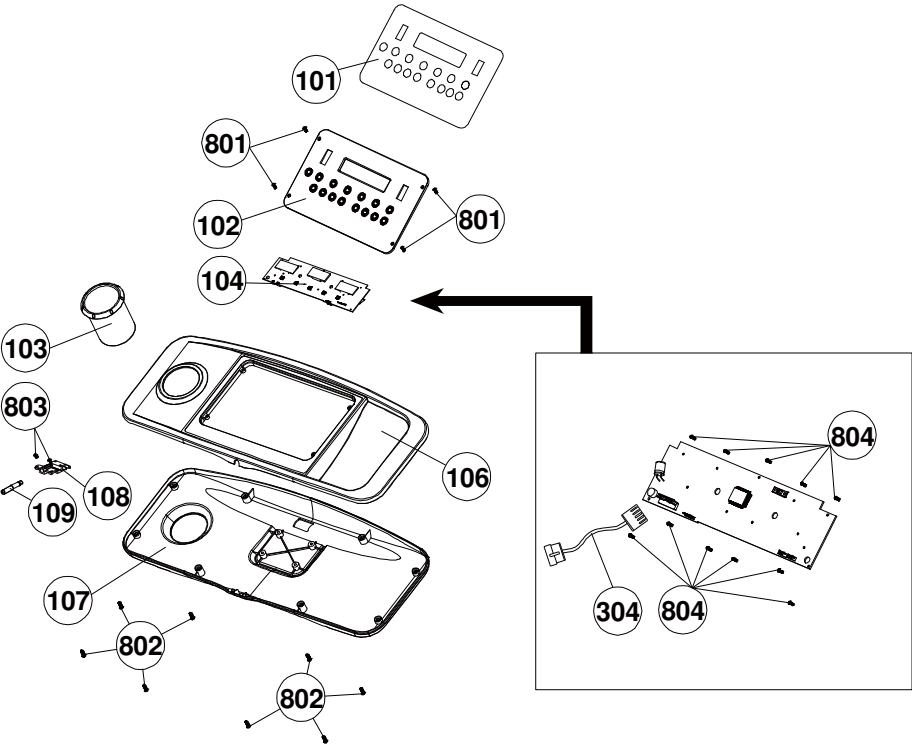
Major exercise type: This equipment focuses on your lower body, and it can train your thigh and shank muscles

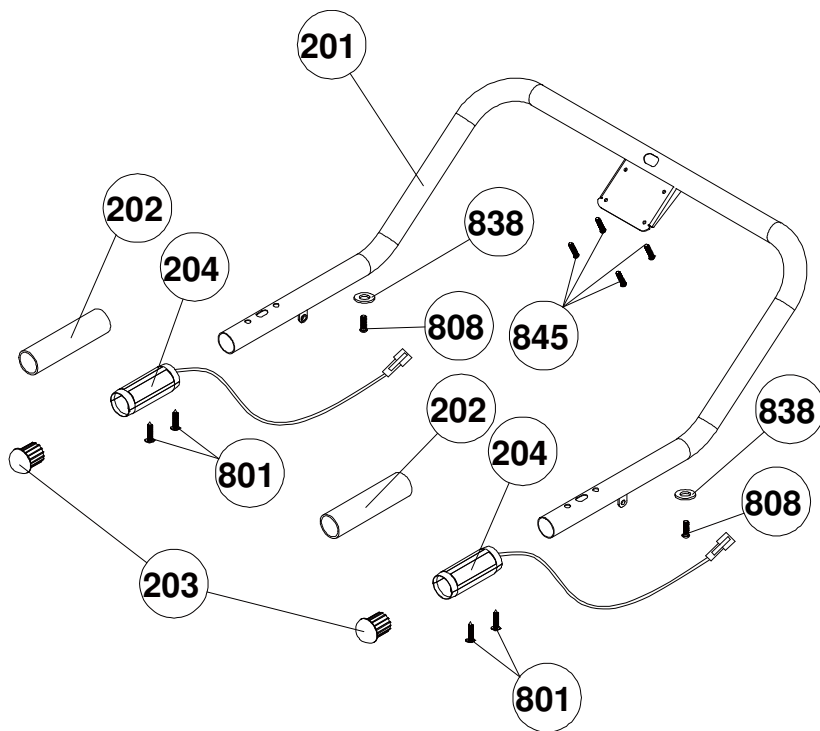
Important: Incorrect/excessive training can cause health injuries.

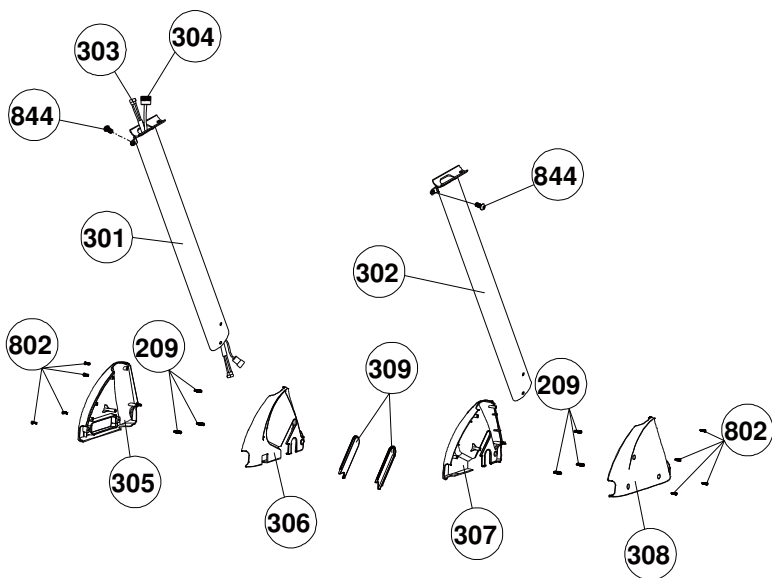
Lock Pin

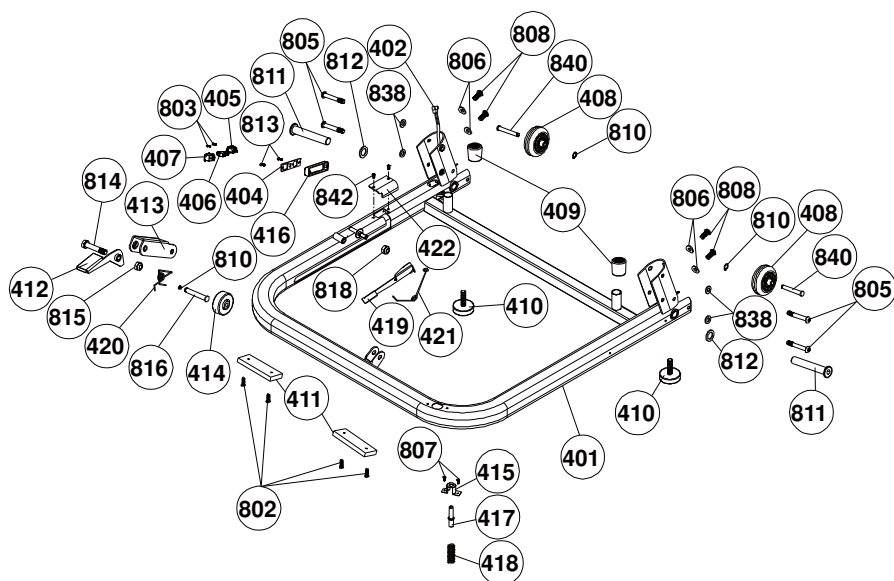


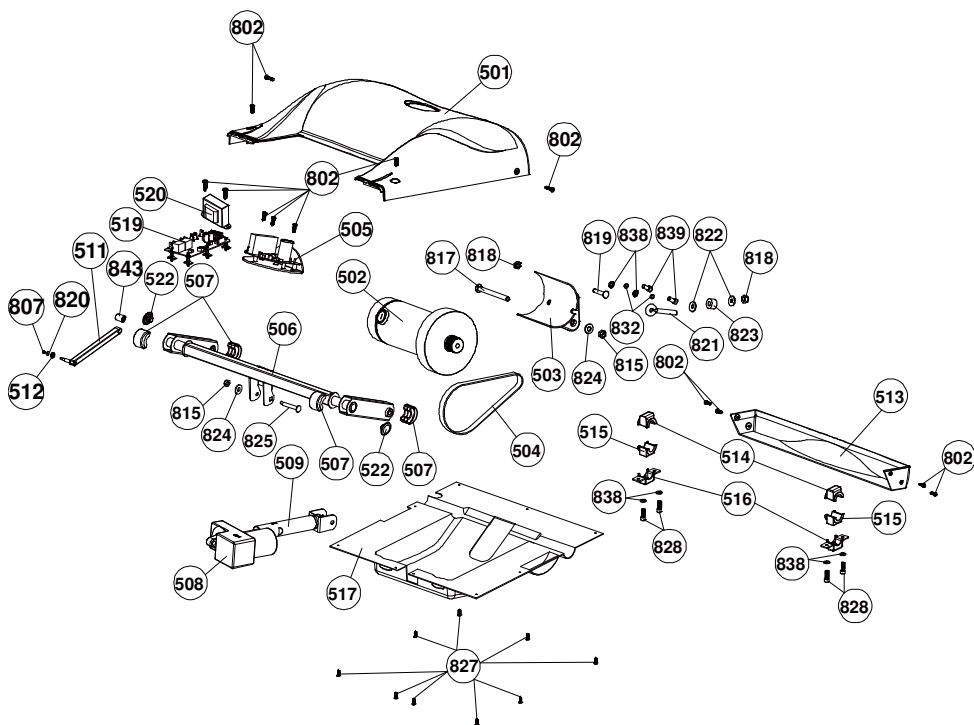
Exploded view / Explosionszeichnung

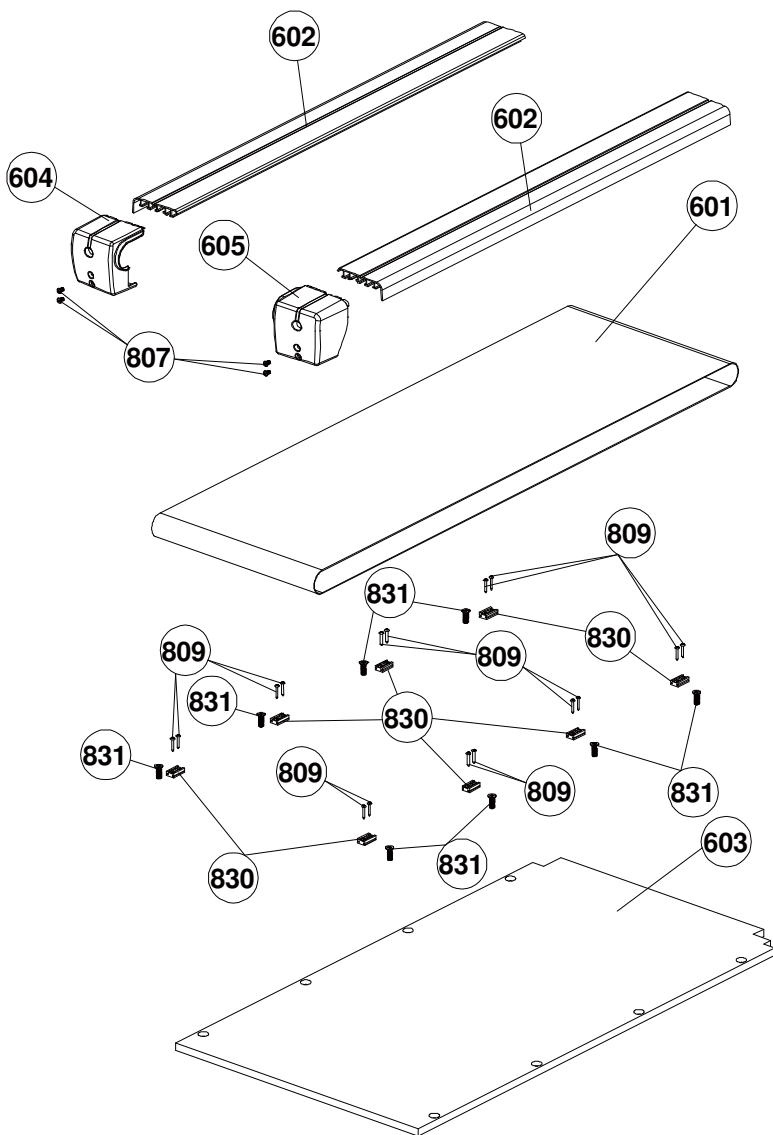


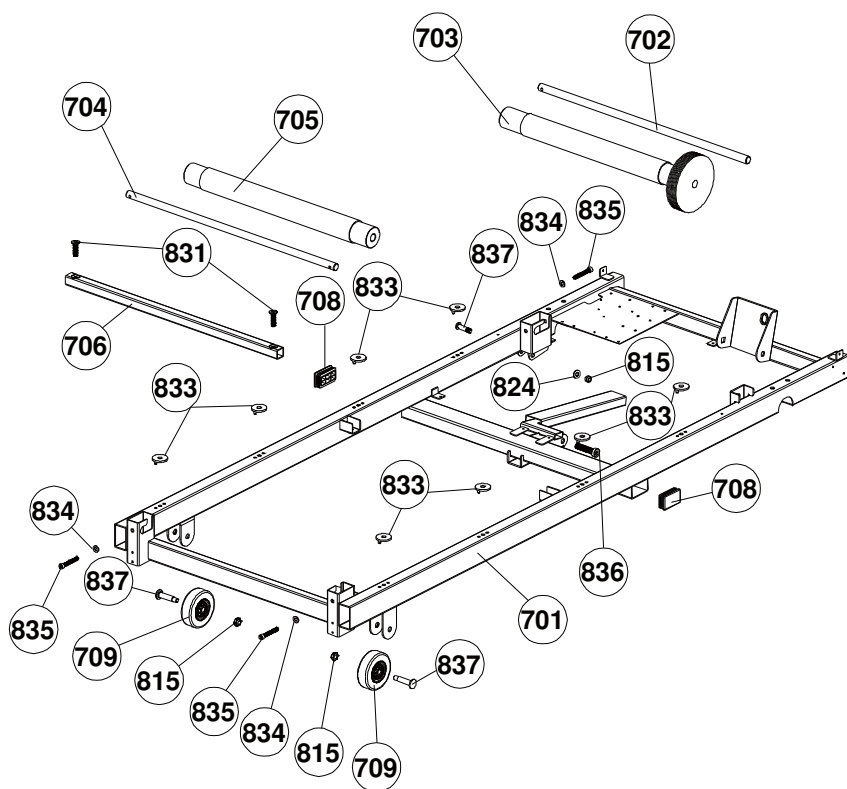












Part No.	Part name	Quantity
101	Overlay	1
102	Computer Insert	1
103	Console Plate	1
104	Console PC Board	1
105	Button PC Board	1
106	Console Housing - Upper	1
107	Console Housing - Bottom	1
108	Safety Key Base	1
109	Safety Key	1
110	2 Pin Safety Key Box Upper Power Wire	1
111	XH-6 - Pin 67mm Wire	1
112	XH-7 - Pin 67mm Wire	1
113	7 Pin Computer Upper Wire	1
114	EKG Pulse Wire	2
201	Handle Bar	1
202	Handle Bar Upright Foam Grip	2
203	Handle Bar End Cap	2
204	Hand Pulse Set	2
209	Handle Bar Cover - LL	10
301	Upright - Left	1
302	Upright - Right	1
303	2 Pin Safety Key Box Middle Power Wire	1
304	7 Pin Computer Wire	1
305	Upright Low Cover - LL	1
306	Upright Low Cover - LR	1
307	Upright Low Cover - RL	1
308	Upright Low Cover - RR	1
401	Base Frame	1
402	2 Pin Safety Key Box Lower Power Wire	1
403	7 Pin Computer Wire	1
404	Power Switch Plate Cover	1
405	Power Switch Plate	1
406	Power Breaker	1
407	Power Switch	1
408	Front Caster	2
409	Base Frame rubber cushion	2
410	Rubber Cushion	2

411	Cushion	2
412	Foot Locker	1
413	Transportation wheel bracket	1
414	Transportation wheel	1
501	Motor Hood Top	1
502	Driving Motor	1
503	Motor Holder	1
504	Driving Belt	1
505	Control Board	1
506	Elevation Support Tube	1
507	ElevationSupport Tubeendcap	4
508	Elevation Motor	1
509	Elevation Gear Sleeve	1
510	Fold Up locker	1
511	Fold Up Support	1
512	Wheel	1
513	Front Shroud	1
514	Plastic Clamp - Top	2
515	Plastic Clamp - Bottom	2
516	Elevation Support	2
517	Motor Bottom Cover	1
518	Shock	1
601	Running Belt	1
602	Side Rail	2
603	Running Deck	1
604	Side Rail End Cap - Left	1
605	Side Rail End Cap - Right	1
701	Deck Frame	1
702	Front Roller Shaft	1
703	Front Roller Tube	1
704	Rear Roller Shaft	1
705	Rear Roller Tube	1
706	Running Deck Support Tube	1
707	Deck Frame - Rear	1
708	Deck Frame Cross Tube Cover	2
709	Rear Caster	2

710	Rear Caster Cover	2
801	M3×14mm Screw	8
802	M4×15mm Screw	56
803	M3×8mm Screw	4
804	M2×6mm Screw	15
805	M8×52mm Bolt	5
806	⌀ 8×20.5×2 Washer	4
807	M3.5×16mm Screw	4
808	M8×18mm Bolt	8
810	M4×19mm Screw	6
811	⌀ 8 Washer	2
812	M16×90mm Bolt	2
813	⌀ 16×30×2 Washer	2
814	M4×23mm Screw	1
815	M10×52mm Bolt	6
816	M8 Nylon Nut	1
817	M10×116mm Hexagon Screw	1
818	M10 Nylon Nut	3
819	M8×85mm Fixed Bolt	1
820	⌀ 8 Washer	2
821	M8×85mm Fixed Bolt	1
822	⌀ 8×26×3 Washer	2
823	⌀ 24×8×11 Spring	1
824	⌀ 10×20×2 Washer	2
825	M10×67mm Bolt	2
826	M8×36mm Bolt	1
827	M4×12mm Screw	9
828	M5×14mm Screw	4
829	M4×20mm Screw	16
830	Side Rail Guider	8
831	M8×30mmScrew	6
832	M8×23mm Screw	2
833	Cushion Pad	8
834	⌀ 6 Washer	3
835	M6×45mm Bolt	3
836	M10×32mm Bolt	1

837	M10×45mm Bolt	2
838	⌀ 8x16.5x1.5 washer	4
839	M8x30mm Bolt	6
840	⌀ 8x56mm	2
841	⌀ 8x12x2 Washer	4
843	Bushing	2
